Benefits of Smoothies for OAB

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Smoothies Won’t Hurt You If You Have an Overactive Bladder

What type of foods can you include in your smoothies if you have an overactive bladder? Are there any that you should put on your NO list?

What Foods To Add

Here’s a list of potential foods to add to your smoothie. Check off the ones that you think you can have.

- Yogurt.
- Spinach.
- Swiss Chard.
- Pumpkin Seeds.
- Carrots.
- Tomatoes.
- Parsnips.
- Walnuts.
- Flaxseeds.
- Parsley.
- Ginger.
- Garlic.
- Oranges.
- Lemons.
- Pomegranate.
- Grapefruit.
- Pears.
- Red Bananas.
- Coconut.
- Tangerine.
- Protein Powder.
- Cheese.
- Lecithin.
- Green Powder Mix.
- Cauliflower.
- Cottage Cheese.
- Kefir Milk.
- Kale.
- Dandelion Greens.
- Chia Seeds.
- Celery.
- Berries.
- Almonds.
- Macadamia Nuts.
- Hempseed Powder.
- Cilantro.
- Onions.
- Apples.
- Kiwi.
- Limes.
- Figs.
- Melons.
- Bananas.
- Mango.
- Avocado.
- Pineapple.
- Egg.
- Chlorophyll.
- Nutritional Yeast.
- Broccoli.
- Wheat Germ Oil.
- Probiotics Capsule.

The answer is you can have any of them. In fact, creating a smoothie with this list of foods is going to make you healthier in a lot of ways. There are many health benefits of smoothies. While they won’t necessarily be a cure for overactive bladder, they can help control it and are a good way to increase your energy levels, beat fatigue, make you feel more upbeat more often and help you sleep better. That’s what happens when you start increasing the number of healthy foods in your diet with a smoothie.

Health Benefits of Smoothies

When you add a smoothie to your diet, you are adding about five servings of fruits and vegetables to your diet daily. That's a significant boost in nutrition, especially if you are only eating 2 to 3 vegetables and 1 to 2 fruits. The fruits are cleansing to the body whereas the vegetables are bodybuilders.

Some Great Smoothie Food Combos

Here are a few ideas of how to combine those fruits, vegetables, nuts and seeds into your next smoothies:

1. Kefir milk, strawberries, kale leaf, Swiss chard leaf, peach, parsley, chlorophyll, ice cubes.
2. Yogurt, blueberries, juice of one lemon, ginger powder, lecithin, Swiss chard, alfalfa, barley green powder, ice cubes.
3. Protein powder, hempseed powder, green powder, ripe peach, spinach, avocado, coconut, Swiss chard, ice cubes.
4. Yogurt, blackberries, probiotics capsule, nutritional yeast, juice of one lemon, spinach, alfalfa or green powder mixture, apple, ice cubes.
5. Apples, strawberries, spirulina, probiotics, lecithin, nutritional yeast, cottage cheese, almonds, ice cubes.
6. Vanilla yogurt, almonds, probiotics, nutritional yeast, green powder mix, avocado, broccoli, beet, carrot, celery, apple.

The health benefits of smoothies and the recipe possibilities are truly endless. Keep in mind your big goal is to get a variety of fruits and vegetables in. Don't make the same smoothie daily because then you get in a rut where you are only consuming the same type of nutrients day in and day out. It's a variety of nutrients that makes the biggest difference.

Try a smoothie a day for 30 days and see what happens to your health and your overactive bladder. You might be pleasantly surprised.